AN ECONOMICAL BUDGET FOR THE FAMILY

WITH

MENUS AND RECIPES

(Father, Mother, and Three Children aged 12, 10, and 7 years)

FOOD ALLOWANCE, 25s. per week
Estimated November 1939

Prepared by the

NUTRITION DEPARTMENT
GLASGOW & WEST OF SCOTLAND COLLEGE
OF DOMESTIC SCIENCE (Incorporated)

WITH A PREFACE BY

PROF. ED. P. CATHCART, C.B.E., M.D., D.Sc., F.R.S.

UNIVERSITY OF LONDON PRESS LTD.
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PREFACE

THERE is much talk to-day concerning the provision of an adequate diet. But the conscientious housewife who aspires to do the best she can for her family must be bewildered, if not intimidated, by the information that such an adequate diet should contain not only protein but a proper proportion of first-class protein, the essential mineral salts, the necessary vitamins, and so on. The discussion in these abstract terms, even to those who have some appreciation of the meaning, let us say, of an ample supply of calories and of first-class protein, is not very illuminating, and the translation into terms of ordinary food-stuffs in appropriate amount and combination is for the vast majority difficult, if not, indeed, impossible. The inference, perhaps not unnatural, is that an adequate diet *must* be complex and costly. Such is not the case. This small booklet with its simple menus and recipes should afford a practical guide to what is possible with limited means. When experience shows that, for certain individuals at least, the amounts suggested are not adequate, the deficiency may be made good by the increased consumption of food-stuffs like potatoes, haricot beans, peas, and bread.

ED. P. CATHCART.

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INTRODUCTION

1. THE man value of this family = 4·0.

2. The suggested menus aim at approximately 30–37 gms. first-class protein, 1 gm. calcium, 1·3 gm. phosphorus, 15 mgms. iron, and 3000 calories per day per man value.

3. With younger children an extra allowance of milk must be substituted for other proteins—if possible, allow 1 pint milk per child up to 12 years of age.

4. To make the best of the food allowance, divide each shilling as follows:

Milk and cheese	$3\frac{1}{2}d.$	at 3*s.* 6*d.* per M.V. per day	= 1*s.* $0\frac{1}{4}d.$
Fruit and vegetables	$2\frac{1}{2}d.$	,, ,, ,, ,, ,, ,,	= $8\frac{3}{4}d.$
Bread and cereals	$1\frac{1}{2}d.$	,, ,, ,, ,, ,, ,,	= $5\frac{1}{4}d.$
Fish and eggs	$3d.$	,, ,, ,, ,, ,, ,,	= $10\frac{1}{2}d.$
Fats and sugars	$1\frac{1}{2}d.$	,, ,, ,, ,, ,, ,,	= $5\frac{1}{4}d.$
	1*s.* 0*d.*		3*s.* 6*d.*

5. Whenever possible, cook potatoes in their skins, and encourage the eating of a portion of the potato skin.

6. Fresh fruit or a vegetable other than potato introduced into diet each day to provide salts, vitamins, and roughage.

7. Menus planned so that fuel may be saved—entire meal cooked either on top of stove or in the oven—in this way it should be possible for 2*s.* 6*d.* to cover fuel expenses.

8. The ingredients were bought in Glasgow and all worked out in practice.

These specimen daily menus need not necessarily always be taken in sequence, but may be alternated as the housewife so desires.

MENU I

		Total Weight of Ingredients :	
Breakfast :	Bananas.	Milk . . .	3½ pints.
	Toast, bread.	Bananas (5) .	20 oz.
	Margarine.	Figs (dried) .	8 oz.
	Milk, tea, sugar.	Cabbage . .	1 lb.
Dinner :	Mince.	Potatoes . .	2 lb.
	Cabbage and potato.	White bread .	21 oz.
	Steamed fig pudding.	Brown bread .	21 oz.
		Flour . . .	10 oz.
Tea :	Herrings—grilled.	Oatmeal . .	2 oz.
	Brown bread.	Margarine . .	4 oz.
	Pancakes.	Suet . . .	3 oz.
	Margarine.	Sugar . .	8½ oz.
	Milk, tea, sugar.	Herrings . .	1 lb.
		Mince . . .	8 oz.
Supper :	Milk.	Eggs . . .	One
		Tea . . .	1 oz.

Cost as Purchased.	*First-class Protein.*	*Calcium.*	*Phosphorus.*	*Iron.*	*Calories.*
3s. 7¾*d.*	206·8 gms.	4027 mgms.	6887 mgms.	68·87 mgms.	11,696

Approximate Allowance per Man Value = 51 gms. first-class protein.
1 gm. calcium.
1·7 gm. phosphorus.
0·016 gm. iron.
2924 calories.

MENU II

		Total Weight of Ingredients :	
Breakfast :	Grilled kippers.	Milk . . .	3 pints.
	Brown bread.	Cheese . .	6 oz.
	Margarine.	Apples . .	21 oz.
	Tea, milk, sugar.	Tomatoes . .	4 oz.
Dinner :	Broth.	Potatoes . .	1 lb.
	Boiled mutton.	Leeks . .	One large.
	Potatoes and cabbage.	Carrot . .	8 oz.
	Oatmeal dumpling.	Turnip . .	Half small.
	Raw apples.	Onion . .	One
		Brown bread .	17 oz.
Tea :	Cheese and tomato on toast.	Oatmeal . .	4 oz.
		Wheaten meal .	2 oz.
	Wheaten-meal scones.	Flour . . .	2 oz.
	Margarine.	White bread (stale)	10 oz.
	Tea, milk, sugar.	Margarine . .	6½ oz.
		Sugar . .	5 oz.

Supper : Milk.

Total Weight of Ingredients (cont.) :

Neck mutton	1 lb.
Kippers	Four pairs.
Tea	1 oz.

Cost as Purchased.	*First-class Protein.*	*Calcium.*	*Phosphorus.*	*Iron.*	*Calories.*
3*s.* 7½*d.*	277 gms.	4461·4 mgms.	6941·8 mgms.	87·63 mgms.	10,664

Approximate Allowance per Man Value = 69 gms. first-class protein.
1 gm. calcium.
1·7 gm. phosphorus.
0·021 gm. iron.
2666 calories.

MENU III

Breakfast : Porridge.
Milk.
Toast, bread.
Margarine, tea, sugar.
Oranges.

Dinner : Brown stew.
Mixed vegetables, potato.
Custard tart.

Tea : Grated cheese on toast.
Wholemeal bread.
Margarine, tea, sugar.
Vinegar cake.

Supper : Milk.

Total Weight of Ingredients :

Milk	3½ pints.
Cheese	8 oz.
Wholemeal bread	21 oz.
White bread	16 oz.
Custard powder	1 oz.
White flour	9 oz.
Oatmeal	3 oz.
Onion	4 oz.
Turnip	8 oz.
Carrot	8 oz.
Potatoes	16 oz.
Oranges	Five
Currants	3 oz.
Margarine	7½ oz.
Dripping	½ oz.
Sugar	7 oz.
Treacle	½ oz.
Neck mutton	1 lb.
Tea	1½ oz.

Cost as Purchased.	*First-class Protein.*	*Calcium.*	*Phosphorus.*	*Iron.*	*Calories.*
3*s.* 6¾*d.*	220 gms.	4918 mgms.	6432 mgms.	69·48 mgms.	11,367

Approximate Allowance per Man Value = 55 gms. first-class protein.
1·2 gm. calcium.
1·6 gm. phosphorus.
0·017 gm. iron.
2840 calories.

MENU IV

Breakfast : Grilled herring.
Brown bread.
Margarine.
Tea, milk, sugar.

Dinner : Casserole of meat.
Potatoes and leeks.
Baked apple dumpling.

Tea : Cheese and potato pudding.
Oatcakes.
Margarine.
Tea, milk, sugar.

Supper : Milk.

Total Weight of Ingredients :

Milk	2 pints.
Cheese	8 oz.
Potatoes	3 lb.
Leeks	Two (large).
Apples	1 lb. (cooking).
Brown bread	One loaf (21 oz.).
Flour	8 oz.
Oatmeal	9 oz.
Margarine	6 oz.
Suet	3 oz.
Dripping	2 oz.
Sugar	8 oz.
Shin of beef	14 oz.
Herrings	1½ lb.
Tea	1 oz.

Cost as Purchased.	*First-class Protein.*	*Calcium.*	*Phosphorus.*	*Iron.*	*Calories.*
3*s.* 6¾*d.*	303·4 gms.	4229·4 mgms.	8489·7 mgms.	76·52 mgms.	12,660

Approximate Allowance per Man Value = 75·85 gms. first-class protein.
1·05 gm. calcium.
2·12 gms. phosphorus.
0·019 gm. iron.
3165 calories.

MENU V

Breakfast : French toast.
Bread.
Margarine.
Milk, tea, sugar.

Dinner : Irish stew.
Brussels sprouts.
Apple roll.

Tea : Grilled herring.
Brown and white bread.
Oven scones.
Margarine.
Milk, tea, sugar.

Supper : Cocoa.

Total Weight of Ingredients :

Milk	2 pints.
Potatoes	1½ lb.
Sprouts	1 lb.
Onions	8 oz.
Apple	6 oz.
Currants	2 oz.
White bread	32 oz.
Brown bread	10 oz.
Flour	10 oz.
Cocoa	1 oz.
Dripping	1 oz.
Margarine	7½ oz.
Sugar	10½ oz.
Mutton	1 lb.
Herrings	1½ lb.
Eggs	One
Tea	1½ oz.

Cost as Purchased.	*First-class Protein.*	*Calcium.*	*Phosphorus.*	*Iron.*	*Calories.*
3*s.* 6*d.*	263 gms.	2360 mgms.	6210 mgms.	98·84 mgms.	11,411

Approximate Allowance per Man Value = 65·7 gms. first-class protein.
0·59 gm. calcium.
1·5 gm. phosphorus.
0·019 gm. iron.
2852 calories.

MENU VI

Breakfast : Porridge.
Stretched egg and fried bread.
Bread, toast.
Margarine.
Milk, tea, sugar.

Dinner : Sausage pie.
Boiled turnip.
Stewed apples.

Tea : Welsh rarebit.
Brown bread.
Margarine.
Tea, milk, sugar.

Supper : Cocoa.

Total Weight of Ingredients :

Milk	3 pints.
Cheese	6 oz.
Onion	4 oz.
Potatoes	1½ lb.
Turnip	2 lb.
Apples	1 lb.
Tomatoes	4 oz.
White bread	14 oz.
Brown bread	1 lb.
Oatmeal	6 oz.
Cocoa	1 oz.
Dripping	4 oz.
Sugar	10 oz.
Margarine	6 oz.
Sausagemeat	1 lb.
Eggs	Two
Tea	1½ oz.

Cost as Purchased.	*First-class Protein.*	*Calcium.*	*Phosphorus.*	*Iron.*	*Calories.*
3*s.* 6*d.*	180 gms.	4590 mgms.	6310 mgms.	62·2 mgms.	10,918

Approximate Allowance per Man Value = 45 gms. first-class protein.
1·14 gm. calcium.
1·5 gm. phosphorus.
0·015 gm. iron.
2729 calories.

RECIPES

Apple Dumpling

6 oz. flour.
3 oz. chopped suet.
1 lb. cooking apples.
Cold water.
1 small teaspoonful baking-powder.

METHOD.—Add chopped suet and baking-powder to flour, mix with a little water to stiff consistency. Roll out into strip, place on peeled and sliced apples, moisten edges of pastry, and roll up. Bake in hot oven 1½ hours. Reduce heat after 10 minutes.

Apple Roll

(*Pastry*)

6 oz. flour.
2½ oz. margarine.
½ teaspoonful baking-powder.

(*Filling*)

6 oz. chopped apple.
2 oz. sugar.
2 oz. currants.
About ¾ gill water.

METHOD.—Rub fat into flour and baking-powder, mix to elastic consistency with water. Roll out, cover pastry with apple, sugar, currants. Roll up. Steam in greased pot jam-jar, covered with greased paper, for 2 hours.

Apple, Stewed

1 lb. cooking apples.
4 oz. sugar.
½ pint water.

METHOD.—Pare, core, and slice apples. Put apples, sugar, water in jar or casserole. Stew in oven until apples are soft (about 40 minutes).

Broth and Boiled Mutton

(*Broth*)

2½ quarts water.
1 bone.
½ lb. carrots.
1 leek.
½ small turnip.
1 small onion.

(*Mutton*)

1 lb. mutton (neck).

(*Cabbage*)

1 lb. cabbage.

(*Oatmeal Mould*)

4 oz. oatmeal.
3 oz. dripping.
1 small onion.
Salt, pepper.
Cold water.

METHOD.—Put bone into water and bring to boil. Dice vegetables and add. Wash mutton and put into broth, then add washed and quartered cabbage. Simmer all for 2 hours.

Note: Quarter of cabbage may be shredded and added as vegetable to broth.

After 1 hour add oatmeal mould.

METHOD OF MAKING MOULD.—Mix all dry ingredients, melt dripping, add. Mix to stiff consistency with cold water and shape into roll. Scald and flour pudding-cloth, tie roll in cloth loosely.

Brown Stew

1 lb. neck mutton.
¼ lb. onion.
½ lb. carrot.
½ lb. turnip.
½ oz. dripping.
½ oz. flour.
Salt.
¾ pint water.

METHOD.—Melt dripping in pan, fry sliced onion, add meat washed and cut up. Fry till brown. Sprinkle in flour, stir well, and add water gradually. Bring to simmering-point, add prepared vegetables cut in large cubes, simmer slowly 1¾ hours.

Casserole of Beef and Vegetables

1 lb. shin of beef.
1 lb. potatoes.
2 large leeks.
1 oz. dripping.
2 teacupfuls boiling water.

METHOD.—Brown meat in smoking hot fat, and bake for ½ hour; add thickly sliced potato and chopped leek, also boiling water. Cook slowly 1½ hours.

Cheese and Tomato Toast

6 oz. Cheddar cheese.
4 oz. small tomatoes.
5 slices white bread.
3 oz. dripping.

METHOD.—Toast bread, spread with dripping, cover with some of grated cheese, and grill. Place on sliced tomato and rest of cheese; grill.

Custard Tart

(*Pastry*)

5 oz. flour.
2 oz. margarine.
Pinch salt.

(*Filling*)

¾ pint milk.
1 oz. custard powder.
1 oz. sugar.
Cold water to mix.

METHOD.—Add salt to flour, add fat cut up with knife, rub into flour with fingers ; mix to stiff dough with cold water. Roll out. Line sandwich tin with pastry, prick well with fork. Bake in hot oven 20 minutes.

(*Filling*) : Blend custard powder with little cold milk, heat remainder, add to blended powder, return to pan, and cook till thick. Add sugar.

Fig Pudding

½ lb. cooked figs.
4 oz. breadcrumbs.
4 oz. flour.
3 oz. suet.
2 oz. sugar.
1 cupful milk.
½ teaspoonful baking-powder.
1 pinch baking-soda.

METHOD.—Mix all dry ingredients, add chopped figs. Mix with milk to soft consistency, put into greased basin, and cover with greased paper. Place in pan of boiling water, steam for 2 hours. Turn out and serve with sauce.

(*Sauce*)

½ pint liquid from figs.
¼ pint milk.
1 oz. flour.
¼ lb. sugar.

METHOD.—Blend flour with cold milk. Heat liquid and add to blended flour, bring to boil, add sugar.

French Toast

1 egg.
Sliced bread.
Dripping.
¼ gill milk.

METHOD.—Mix egg with milk, soak bread in egg and milk, season, fry till golden brown.

Fried Bread and Stretched Egg

1 egg.
2 oz. dripping.
½ gill milk.
Seasoning.
Sliced bread.

METHOD.—Fry bread, mix egg with milk, and season. Pour into dripping and cook till set. Cut in pieces, serve with the bread.

Irish Stew

1 lb. flank of mutton.
1½ lb. potatoes.
2 onions.
1 teacupful water.
Seasonings.

METHOD.—Remove excess fat from mutton and cut up. Brown mutton in heated stewpan. Add onion cut in rings, add potatoes thickly sliced. Add water, season, and stew gently for 2 hours with tight-fitting lid.

Mince

½ lb. mince.
2 oz. oatmeal.
1 onion.
¼ oz. dripping.
1 pint water.
Seasoning.
1 lb. cabbage sliced into 5 pieces, cooked on top of mince.

METHOD.—Melt dripping, fry sliced onion and mince till brown. Sprinkle in oatmeal and mix. Add water, bring to simmering-point, add cabbage, and simmer 1¼ hours with lid on pan.

Oatcakes

9 oz. oatmeal.
1 oz. dripping.
Pinch baking-soda.
½ teaspoonful salt.
Boiling water.

METHOD.—Mix salt and baking-soda with 8 oz. of oatmeal. Add melted dripping, and mix to stiff consistency with boiling water. Knead well in remaining 1 oz. oatmeal, roll out thinly into a strip, and cut into fingers. Bake in moderate oven 30–40 minutes till firm.

Pancakes

5 oz. flour.
½ oz. sugar.
1 egg.
½ small cup milk.
¼ teaspoonful baking-soda.
½ teaspoonful cream of tartar.

METHOD.—Mix dry ingredients, drop in egg, add milk, beat batter well, grease frying-pan, heat for a few minutes over flame. Put on tablespoonfuls of batter, lower gas and cook until bubbles appear, turn, and cook other side.

Porridge

6 oz. oatmeal.
3 pints boiling water.
3 level teaspoonfuls salt.

METHOD.—Boil the water, add salt, sprinkle in oatmeal, stirring all the time. When it comes to boil, put pan lid on and allow to simmer for 1 hour, stirring frequently.

Potato and Cheese Savoury

2 lb. potatoes.
Seasoning.
8 oz. grated Cheddar cheese.

METHOD.—Cook and slice potatoes (left-over potatoes may be used). Place sliced potatoes and cheese in alternate layers on a dish. Season well. The top layer should be cheese. Bake in hot oven 30 minutes.

Sausage Pie

1 lb. sausagemeat.
1½ lb. potatoes.
1 onion.
2 oz. breadcrumbs.

METHOD.—Chop onion and mix with breadcrumbs. Put sausagemeat into large pie-dish. Cover with onion and breadcrumbs. Pile washed potatoes on top. Bake in oven 1 hour.

Oven Scones

4 oz. flour.
½ oz. margarine.
½ oz. sugar.
½ teaspoonful cream of tartar.
¼ teaspoonful baking-soda.
¼ teaspoonful salt.

METHOD.—Rub margarine into flour. Add dry ingredients. Mix well to a light dough with milk. Turn on to floured board. Work lightly. Roll out and mark into six. Lay on floured baking-tin and bake in hot oven 10 minutes.

Wheaten Scones

2 oz. wheaten meal.
2 oz. flour.
½ oz. margarine.
1 oz. sugar.
¼ teaspoonful baking-soda.
½ teaspoonful cream of tartar.
1 gill milk.
Pinch of salt.

METHOD.—Mix flour and wheaten flour. Rub in the fat. Add rest of dry ingredients. Mix to a soft dough with milk. Roll out ¼-inch thick. Cut into 8 pieces and bake on a moderate girdle.

Vinegar Cake

4 oz. flour.
2 oz. sugar.
1½ oz. margarine.
3 oz. currants.
(¼ teaspoonful grated nutmeg.)
¼ teaspoonful baking-powder.
½ teaspoonful baking-soda.
½ oz. black treacle.
1 dessertspoonful vinegar.
½ small cup milk.

METHOD.—Rub fat into flour. Add dry ingredients and cleaned currants. Add treacle, milk, and lastly vinegar. Mix well to stiff consistency. Put into small, well-greased cake-tin, and bake in slow oven ¾–1 hour.

Welsh Rarebit and Tomatoes

6 oz. cheese.
1 oz. margarine.
½ gill milk.
6 slices brown bread.
¼ lb. tomatoes.

METHOD.—Place cheese, butter, and milk in a pan. Heat through, season, pour on to toast, and place on sliced tomatoes previously grilled.